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A HEALER'S PROGRESS

by Alan Gaul

Alan Gaul of Brisbane, Australia, joined the Dolphin Energy Club in August 1992. He was familiar with non-physical energies and had already begun to apply them for healing. In the following letter he shares his initial personal experiences and how they have been integrated with Hemi-Sync®. Alan wishes to emphasize that each individual's work with healing energy is unique. His remarks are in no way intended to imply that others should follow his approach.

As I mentioned during our telephone conversation, I was already somewhat familiar with non-physical energies and had a very basic notion that they could be used for healing. Here, then is a brief outline of how this started and how things have progressed.

During the latter part of 1990 and early 1991, I began to experience tingling sensations when meditating or listening to certain pieces of music. The frequency and intensity increased over this period and generally resulted in what could best be described as a "trance-like" state. Associated with these "states" came perceptions of other places, times, people and events. To be more specific, I think I interacted with a non-physical being and viewed some of my own past lives. By March 1991, I began to sense my own energy bodies and chakras. I also found that I could feel/sense the energy bodies and chakras of my wife, sister-in law, and other family members.

Around this time my wife found *Journeys Out of the Body* which we both avidly read. In early May, 1991 I had the most startling "dream" of my life. Basically, a hooded, robed figure appeared by my side, and I was asked, "Do you want to know how to use your power?" Evidently I said "yes" and soon after I was pushed out of my body. I was taken to a locale where I met many people, all communication was NVC [nonverbal], and all movement was instantaneous. The feeling of peace and freedom was beyond words. After this I read more books (including *Far Journeys*) and thought very much about what was happening to me. We also purchased the *GATEWAY EXPERIENCE*® home programme which provided us with many tools to further extend our understanding of what was happening in our lives.

For the next 6 months my wife and I continued searching, reading, discussing and questioning both in CI and Focus 12. We completed the *GATEWAY EXPERIENCE* and greatly modified our approach to meditation as a result. Then in November, 1991 an occurrence even more startling than the dream happened. I was endeavouring to learn more about the Human Energy Field by sensing (with my hands) the energy bodies of my wife, sister-in-law and her husband. I would State the Gateway Affirmation, go to Focus 10 and then place my hands just above the physical body of the person concerned. In every case I could "feel" the energy field

and occasionally I would also “see” images of the injury or other circumstances effecting the person. On this particular evening, this process induced a very deep trance-like state and then culminated in the channelling of a non-physical being. This has occurred many times since then and through question and answer sessions we have ascertained that there are a number (twenty-four) of non-physical beings (INSPECS?) who provide healing and guidance. These beings are known to us as the Healing Group and generally three or four work through me at any given time.

A typical session is as follows: firstly, I state the Gateway Affirmation but now also add, “I deeply desire that my higher guides, that beings of light, work through me to provide whatever energies are appropriate for this person. I ask that peace, health and happiness be theirs and provide myself as a means for further guidance as necessary.” The healing then ensues and can last thirty to forty minutes. During this time I do not analyse or decide where to place my hands they just move. The recipients of this energy have reported a sensation of deep penetrating heat, tingling, deep peace & relaxation and sometimes sleepiness. After the “healing” is finished verbal channelling of information and guidance begins. A typical session lasts 40 to 50 minutes. We have taped these sessions and transcribed a large volume of information. Generally, much of this is guidance on following one’s true essence with the ultimate aim of achieving oneness with the source of all. Some of the discussions deal with healing techniques, but I find that most of what I know is of an intuitive nature.

After much consideration, I decided to join DEC and now use the techniques not only for remote healing but also as a tool for personal learning and exploration. To date only seven people (including two presented by DEC) have been recipients of energies sent through me and some reported effects include (1) an almost immediate reduction in pain (2) a dramatic increase in energy (3) the restoration of mobility and a marked increase in well-being. The most remarkable result so far has been the complete elimination of a severe migraine in about ten minutes. I should also add that the greatest reduction in pain coincided with the peak experience in METAMUSIC® *Random Access*!!

To conclude, let me state that I am not involved with any formalized church or spiritualist group and feel no need of such belief systems. These pages are offered for your consideration as a true and honest statement of my most personal self and with the earnest wish that some benefit, however small may be obtained from the information.

Become a member of the Dolphin Energy Club and use the special Hemi-Sync patterns, based on brainmap studies of talented healers, to hone your own remote-healing skills.

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